

# Julia Fox Garrison Keynote Speaker 2015 Brain Injury Conference

**Julia Fox Garrison** is the author of “Don’t Leave Me This Way or When I Get Back on my Feet You’ll Be Sorry” (Harper Collins Publishers). The book chronicles her struggle to regain control over her life and her body, following a massive hemorrhage resulting in a paralyzing stroke leaving her with left-neglect.

Her experience is a blueprint for how not to let the medical system dictate the direction, pace and objectives of one’s recovery or one’s hope.

**Before her stroke**, she had a successful career as a software support manager. Since the stroke and the publication of the best-selling book, Julia has become an evangelist for humaneness in medicine as a patient advocate and motivational speaker. From the patient’s perspective, she espouses the value of quality patient care and she is regularly invited to speak to doctors’ groups, survivors’ groups and conferences around the country.



*“How lucky I am to be on this life journey! When I woke up in the hospital after suffering a massive hemorrhagic stroke on July 17, 1997, my first thought was, ‘I have a purpose here on earth. I don’t know what it is right now, but I’m here for a reason.’ I was, at the time, completely paralyzed on my left side and fighting for my life, yet I had this powerful feeling that I wasn’t going to die because I had something to do.*

*Post-stroke, I have come to realize that my purpose is to spread a message of hope through my book. The message is simple: steely determination, a positive attitude, and a sense of humor go a long way toward overcoming even the most imposing obstacles that might confront us on this life journey. May happiness always be on your doorstep or in your suitcase on your journey.”*

**At the conference**, Julia will effortlessly take the audience on a roller coaster ride of drama, humor, sadness, frustration, resolve and, ultimately, triumph. She battles her health challenges with wit and grit. As she shares her story of personal triumph against overwhelming odds, persons with brain injury, family members and caregivers, as well as health professionals will be inspired.

**To help the Brain Injury Association of Nebraska bring Julia and other high caliber speakers to the 2015 Brain Injury Conference, we welcome you as our partner.**

**\*Please see [Sponsor Information](#) for levels of support.**

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**2015 conference is in Kearney on April 16 & 17**